Module 30 – Anxiety and Mood Disorders

1. Which of the following anxiety disorders is marked by persistent, unexplained feelings of apprehension and tension?

a. generalized anxiety disorder

b. obsessive compulsive disorder

c. panic disorder

d. posttraumatic stress disorder

2. Which of the following anxiety disorders is marked by sudden bouts of intense, unexplained panic?

a. generalized anxiety disorder

b. obsessive compulsive disorder

c. panic disorder

d. posttraumatic stress disorder

3. Suzette becomes extremely frightened when she has to interact with other people. Unless absolutely necessary, she will not talk to anyone. Suzette is most likely suffering from a(n):

a. panic disorder.

b. social phobia.

c. agoraphobia.

d. obsessive-compulsive disorder.

4. A person’s fear of situations that can be difficult to escape from is called:

a. acrophobia.

b. agoraphobia.

c. escape phobia.

d. fearophobia.

5. Obsession is to compulsion as \_\_\_\_\_ is to \_\_\_\_\_.

a. anxiety; panic

b. an anxiety disorder; a mood disorder

c. mania; depression

d. thought; behavior

6. The most common compulsion among children and adolescents diagnosed with obsessive-compulsive disorder is:

a. calling home repeatedly.

b. checking locks on doors and windows.

c. excessive washing.

d. repeatedly checking to see if the oven is off.

7. The learning factors mentioned in the text as possibly contributing to anxiety disorder are:

a. conditioning, observational learning, and reinforcement.

b. heredity, brain functioning, and evolution.

c. learning style, teaching style, and testing style.

d. stress, panic, and coping mechanisms.

8. Major depression is most likely to be characterized by:

a. a massive dissociation of self from ordinary consciousness.

b. alternations between extreme hopelessness and unrealistic optimism.

c. delusions of persecution.

d. feelings of personal worthlessness.

9. In which disorder do people alternate between states of lethargic hopelessness and wild over-excitement?

a. bipolar disorder

b. dysthymic depression

c. generalized anxiety disorder

d. obsessive-compulsive disorder

10. The neurotransmitters most associated with depression are:

a. GABA and estrogen.

b. dopamine and acetylcholine.

c. testosterone and estrogen.

d. serotonin and norepinephrine.